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Wednesday, November 18, 2015 metro.us | t: MetroBOS | f: MetroBoston



PICTURE PERFECT HOLIDAY

How to have a Pinterest-worthy Thanksgiving. 11

Simon Pegg says he's more than a geek. 9

David Ortiz to retire after 2016 season. 14

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COLD WAR LEFTOVERS

A cache of Cold War crackers stored
beneath City Hall were featured in
a YouTube video tasting. 4



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UNRULY PASSENGER

1 A female passenger who was apparently intoxicated attempted to open an exit door on a Boston-bound British Airways flight Tuesday, prompting people on the plane to restrain her, Massachusetts state police said. Troopers took the woman into custody after the aircraft landed at Logan International Airport. **REUTERS**



ONLINE HOLIDAY FRAUD

2 Attempts by criminals to steal payment card information to commit fraud online are likely to rise, according to research by ACI Worldwide. The move by merchants and card issuers to switch to more secure chip cards for in-store purchases this year is likely to increase fraudulent attempts on transactions online. The research showed fraud rates by volume for transactions that don't involve physically swiping a card have increased in 2015, with one of every 86 transactions a fraudulent attempt. **REUTERS**

LYFT'S RISING REVENUE

3 Ride-hailing app Lyft, Uber's biggest competition in the United States, expects to reach \$1 billion in gross annual revenue, the company's co-founder told Reuters. Hitting a \$1 billion run rate over the next year would suggest privately owned Lyft has increased its market share in some critical U.S. cities. **REUTERS**



HOLIDAY HELPING HAND

7 New England Patriot LeGarrette Blount joined with Stop & Shop on Tuesday to help deliver 7,000 turkeys to the Greater Boston Food bank in time for the holidays.



7
**THINGS YOU
NEED TO KNOW**

MAIN PHOTO BY NICOLAUS CZARNECKI, ALL OTHER PHOTOS BY GETTY IMAGES

JINDAL SUSPENDS RUN

4 Louisiana Gov. Bobby Jindal said Tuesday he was suspending his campaign for the Republican nomination for president in 2016, saying it was "not my time." Jindal, speaking on Fox News, declined to endorse another Republican candidate, saying he would support the party's eventual nominee. **REUTERS**



US DEFENSE STOCKS

5 U.S. defense stocks are expected to rise if the Paris attack gives a bump to rising international sales. Lockheed Martin, Raytheon, and Northrop Grumman are among companies poised to benefit the most, analysts said. The stocks have risen 4 percent to 5.1 percent since Friday's carnage in Paris. "These stocks offer investors a positive exposure to geopolitical risks where the so-called threat environment keeps increasing, and that's only going to benefit the defense contractors," said David Klink, senior equity analyst at Huntington National Bank. **REUTERS**

SHIPPING CONTAINERS

6 Boston's shipping container restaurants are attracting customers, while adding upgrades to the waterfront. The newest restaurant in the project to feature businesses in shipping containers is Mei Mei By Design, which was originally scheduled to open in late September, Boston.com reported. **JASON MUCKOLLS**





A YouTube video still

YouTube plea for cold case clues

Each month, the BPD will release videos of interviews with detectives and afflicted family members.



NATE HOMAN
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The Boston Police Department is rolling out a series of videos on its YouTube channel in hopes of generating more community responses for the city's unsolved homicides.

The BPD released "The Search for Justice" video series Tuesday to "increase awareness and generate tips."

"As part of the Boston Police Department's ongoing commitment to securing justice for homicide victims and the families impacted by the tragic death of a loved one, the BPD seeks to leverage the latest technology and social media as an innovative means of enhancing public outreach and generating additional information for homicide detectives," officials posted on BPDNews.com.

The department will distribute videos across all of its social media accounts to try to encourage community members to come forward with information on murders and bring peace of mind to family members.

They will feature one case a month in an attempt to reach its 340,000-plus Twitter and Facebook followers.

The project's first video

focuses on the murder of Eric Smith-Johnson, 18, who was killed in September 2010 on Blue Hill Avenue in Dorchester.

In the video, Eric's mother, Angelique Smith, and Det. James Wyse discuss the facts and circumstances surrounding Eric's death.

"I feel like when Eric's soul left his body, a part of mine left," Smith says. "It was over for me. That was all I had."

According to police, a suspect coming from Skylar Street drew a gun and fired several shots at Smith-Johnson. His mother said she did not understand why someone would want to shoot her son. She said Smith-Johnson was a month and a day away from turning 19.

"We hope that this effort will encourage those with information to contact our tip line with the understanding that it's never too late to help," Commissioner Bill Evans said in statement.

In August 2014, The Boston Herald reported there were 336 unsolved murders in the past decade. Police hope efforts such as "The Search for Justice" video series pierces the code of silence that has kept many of the murders unsolved.

"I want my son back, and I know that that's not going to happen," Smith says in the video. "I hate that, and it kills me, to hear that this happens every single day. Why let this person who chose to play God and decide it was time for this person to go walk freely in the streets?"

BRIEF

Judge finds Boston police test discriminated against minorities

A federal judge ruled a test the Boston Police Department required for sergeants seeking promotion to lieutenant discriminated against minority candidates and urged the city and the 10 black policemen who sued to reach a settlement.

The sergeants filed their lawsuit in federal court in 2012, asserting the multiple-choice tests

required for lieutenant candidates in 2005 and 2008 rejected minority candidates at a greater rate than white applicants.

U.S. District Judge William Young wrote in an 82-page decision issued late Monday the tests appeared to have discriminated, though not deliberately, against minority applicants.

"This is not a case about conscious racial prejudice," Young wrote. "Rather, the plaintiffs' case is rooted in their allegation that

the seemingly benign multiple-choice examination promotion process, while facially neutral, was slanted in favor of white candidates."

Minority candidates were promoted as a result of taking the 2008 test less than half as often as white candidates, and those who moved up to lieutenant did so on average two years later than their white counterparts, the judge noted.

"It is less of a matter of the

individual questions being biased, than relying on a system that requires candidates to regurgitate written material, especially where the test is supposed to identify those best qualified to work as superior officers, which requires skills and abilities such as leadership and oral communications," said Ben Weber, the officers' lead attorney.

A Boston police spokeswoman said the city was reviewing the decision. **REUTERS**



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City Hall's Cold War crackers unearthed for modern taste-test

Video put Boston government hub's stockpile of nuclear fallout rations back in the spotlight.



SPENCER BUELL
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A City Hall staffer took a bite into (very, very stale) American history this week.

After digging them up out of half-century-old storage in the building, Daniel Tewfik of the Boston Redevelopment Authority cracked open a can of 1963 civil defense crackers, designed to feed a small army of refuge-

seekers after a nuclear holocaust, and sampled one of the Cold War-era treats.

They were gross, but not overwhelmingly so, Tewfik found, according to a YouTube video of the experience posted yesterday, which has since been made private. (Tewfik said in a comment on Reddit he'd been "told to remove it.")

The video sparked lots of curiosity online, quickly climbing the ranks on Boston's Reddit page and bringing attention to the strange, exceptionally large storehouse of the crackers, sort-of-edible memorabilia of America's paranoid bygone era.

"It's a vivid, tangible

relic of just intense fear," said Seth Jacobs, a Boston College American history professor, of the rectangular rations, which look like pale graham crackers.

There are scores of boxes of them in a concrete tunnel under city hall, accessed via a trap door near a security desk, sources told Metro.

Reporter Kate Sosin Oeser, formerly of the Boston Courier, took a tour of the space last year. She said she was fascinated by the trove of goods — including fallout-approved toilets, Geiger counters

— but unlike Tewfik, she didn't taste any rations.

"I'm just not that brave," she told Metro. "I think, you know, 10 years expired is too long. Fifty years, you're just taking your life in your hands."

Boston isn't alone in squirreling away fallout food, now going ultra-stale and tempting taste-testers, said David Monteyne, a professor at the University of Calgary, who wrote a book on the subject. Many buildings have them, the products of a federal civil defense program, he said.

"They basically taste like rancid oil."

Monteyne



Survival supplies PROVIDED

Moving them from forgotten basements and storage closets is heavy and difficult work, so they tend to stick around, he said. He's heard of lots of people dipping into the cracker tins — mainly college students who salvaged and sampled a forgotten ration somewhere, Monteyne said, adding that he's tried one himself.

"They basically taste like rancid oil," he said.

City Hall also isn't the only such storage space — far from it, said Sean Colby, a Boston-based fallout shelter history hobbyist. There were once more than 1,200 certified fallout sites in Boston alone, he said.

Though most didn't contain food, there are reportedly still tins of crackers stashed in unlikely places around the city, in T stops and public schools, said Colby, who runs the site Fallout Five Zero.

A collector, he has a few cracker tins of his own in his house, though he's never sampled any.

"I'm a purist," said Colby, who is also a Boston Fire Department lieutenant. "I don't like to open them."

Metro couldn't reach Tewfik, the City Hall staffer, for comment. A city spokeswoman confirmed Tewfik was behind the video, but couldn't answer other questions about it.

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Soccer game in Germany canceled over bomb fears



German police stand outside the HDI-Arena in Hanover on Tuesday. GETTY IMAGES

Apart from the stadium, police also evacuated Hanover's TUI multipurpose arena, where a concert was about to start.

A soccer game between hosts Germany and the Netherlands that German Chancellor Angel Merkel was due to attend in Hanover was called off two hours before its scheduled start Tuesday over fears of a planned bombing.

"We had received specific indications that an attack with explosives was planned," Hanover Police President Volker Kluwe told state broadcaster NDR.

"We took them seriously, and that is why we took the measures," he said.

Police vans with loudspeakers ordered fans to leave the stadium as heavily armed officers positioned themselves outside the arena.

"The [spectators], who were already in the stadium at that time, were asked to leave the stadium without panicking," police said in a brief statement.

Interior Minister Thomas de Maiziere was to hold a news conference later Tuesday to provide more information.

After the attacks in



Police look at the pitch after the soccer game was called off. GETTY IMAGES

"The [spectators], who were already in the stadium at that time, were asked to leave the stadium without panicking."

Police

Paris on Friday, some of which targeted the stadium where Germany was playing France in the French capital, security measures in Hanover had been tight.

Merkel was set to attend with Vice Chancellor Sigmar Gabriel and several government ministers in a show of solidarity with France.

"We were rerouted on our way to the stadium and are now in a safe area," German team spokesman Jens Grittner said on Twitter. "We cannot say more at this moment."

Two Dutch government ministers attending the match — Defense Minister Jeanine Hennis-Plasschaert and Health and Sport Minister Edith Schippers — were re-

turning home.

World champions Germany had not initially wanted the game to go ahead after having played in Paris on Friday as a wave of attacks hit the city, killing 129 people.

The contingent of 80 Germans, including players, coaches and staff, then spent the night holed up in the changing rooms of the Stade de France stadium, before heading for the airport Saturday morning.

But the players, coaches as well as the national football association then decided to go ahead with the Hanover game in a gesture of solidarity with France.

REUTERS



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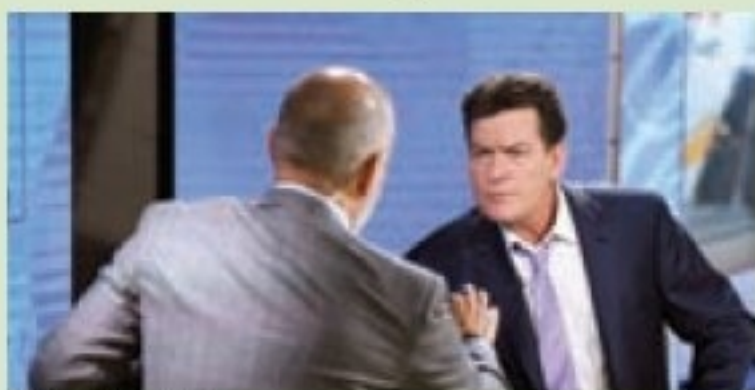
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Charlie Sheen confirms he's HIV positive



ALL PHOTOS GETTY IMAGES

Troubled actor Charlie Sheen revealed Tuesday morning on the "Today" show that he is HIV positive and that he was diagnosed four years ago. "It's a hard three letters to absorb. It's a turning point in one's life," Sheen told Matt Lauer. "I have to put a stop to this onslaught, this barrage of attacks and of sub-truths and very harmful and mercurial stories that are about me, that threaten the health of so many others that couldn't be further from the truth," the

actor said, presumably referencing a National Enquirer expose on him due this week.

Sheen told Lauer that he had revealed his status to those whom he thought he could trust but instead faced attempted extortion to keep it secret. "What people forget is that it's money taken from my children," he said. "I trusted them and they were deep in my inner circle, and I thought they could be helpful. My trust turned to their treason." **MATT LEE**

Gwyneth Paltrow's latest spat with Chris Martin

Just because you've consciously uncouple from someone doesn't mean you're done having arguments with them — especially when there are children involved. At least, that's the lesson Gwyneth Paltrow is learning in her latest co-parenting battle with ex-husband Chris Martin, who is totally OK with 9-year-old son Moses getting a kid-size motorcycle, according to Radar Online. Paltrow, though, is having none of it. Moses "can beg and plead all he wants, but Gwyneth will never buy him a motorized bike. She thinks they're dangerous and has always had an issue with them, even though she's ridden scooters herself over the years and even taken the kids for rides on them," a source says. "It's a point of conflict for Chris, who likes to spoil Moses and indulge his fantasies. Still, this is a battle she won't back down from, and she refuses to let

him ride a motorcycle or minibike — at least until he's old enough to buy it himself." Come on, Gwyneth. Chris is clearly just trying to make up for naming the kid Moses. Let him have this one!



Porsche not having the Paul Walker wrongful death lawsuit



This is hardly surprising, but the lawyers for Porsche take issue with a wrongful death lawsuit brought by the late Paul Walker's daughter, alleging his death could've been prevented if his car had been equipped with certain safety features. In court documents, Porsche alleges that Walker "knowingly and voluntarily assumed all

risk, perils and danger in respect to the use of the subject 2005 Carrera GT," according to E! News. The company adds the "risk and dangers were open and obvious and known to him and ... he chose to conduct himself in a manner so as to expose himself to such perils, thus assuming all the risks involved in using the vehicle."

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Simon Pegg defends the rom-com

The geek god says he's not as much of a geek as you'd imagine.



MATT PRIGGE
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Simon Pegg is synonymous with geek culture. But his interests, as he tells us, are diverse. In "Man Up," he does his first straight-up rom-com, playing a divorced guy who goes out in London with a woman (Lake Bell) who, because of some misunderstandings, is actually only pretending to be his date. Pegg talks to us about not hating romantic comedies, his difficulties writing female characters and his interests other than "Star Wars."

A straight-up rom-com in 2015 can seem unusual. They rarely exist now



GETTY IMAGES

unless they're anti-rom-coms.

I hear this term "anti-romantic comedy," and I say, "Well, if you're going to make a romantic comedy, make a romantic comedy." A lot of people of late, in British romantic comedies as well, try to reinvent the rom-com by making fun of it or denigrating it to be subversive. Then it doesn't really work, because it stops being a rom-com, and it starts being just slightly snarky. Ultimately, what it becomes is the very thing it's supposedly trying to dismantle.

What do you think caused the backlash against them?

Maybe the rom-com became tiresome because it was about people we don't give a s— about falling in love because they

were so beautiful. Lake is attractive, but she's not conventionally beautiful. It makes her more relatable. And me, I'm not Matthew McConaughey by any means. Maybe my chest and stomach, but no one ever sees that. One thing I've heard the most whilst promoting this film is, "Why is he the lead in this film? Why is this ginger pig in a romantic comedy?" It's like, "Well, I'm a person. [Laughs] These things happen to people. They don't just happen to f—ing models."

There's a good stretch where it seems Lake Bell's Nancy might be more of a creep than rom-coms usually allow. We're maybe not sure how we feel about her for a while.

It's bold to do that. And men wouldn't write a woman like that. That's why I liked Tess [Morris'] script. She's not an idealized ver-



Simon Pegg and Lake Bell play singles who embark on an accidental date in "Man Up," hitting VOD on Friday. SABAN FILMS

sion of what a woman is. She's more realistic. Tess wasn't afraid to make her unattractive or creepy or just a bit desperate. If a man did write her, he'd probably be accused of misogyny. It's tough for female writers, when they're given a chance, which

is sadly not enough, to get across the honesty of what it's like to be a woman in modern society. Some men can write women really well, if it's coming from a good place. But I've certainly always had a problem writing women. Edgar [Wright]

and I will openly admit our weakness is writing good female characters. That's why our films are generally about blokes. It's great to see and hear female voices in cinema, because you tend to get more rounded and more convincing female characters.

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More than a nerd

Almost every interview you've done has discussed your connection to geek culture, to "Star Wars" and "Star Trek" and "Doctor Who." But you seem to have non-nerd interests too. I've cultivated that aspect of my public persona as much as anything. I often think of myself being looked on as a comedian or a geek. I don't feel I'm either of those

things. I have certain geeky interests, and I'm very much a fan of those kinds of films. I wouldn't be working in them if I wasn't. But I do have a love of other things and aspirations beyond the everyday-guy-in-extraordinary-situation films.

You wrote a piece earlier this year about the infantilization of culture. How severe was

the blowback?

A few things I said got hoisted up in the air as click-bait without any context. The column [I wrote in response] was trying to contextualize what I'd said. But it was huge. I'm not even on Twitter anymore, and I felt the waves of hate from people calling me a betrayer and that I'm biting the hand that feeds me. It's like, "Oh, f— off." [Laughs]

**New on Netflix****MATT PRIGGE**@mattprigge
matt.prigge@metro.us**'The Devil's Advocate'**

News is that Al Pacino can no longer remember his lines when on stage, forcing the legend to peek at dialogue displayed from the wings. At least on film he doesn't have to remember entire texts at a time. The shoutiest, most over-the-top parts of 1997's "The Devil's Advocate" have Pacino using all his energy in bursts, shouting and screaming and quipping as the head of a powerful law firm who's also the devil, probably. He's the opposite of a sleepy Keanu Reeves, a good ol' country lawyer bewitched into his firm. Perhaps more magnetic than Pacino is Charlize Theron, as



Al Pacino screams a lot in 1997's "The Devil's Advocate." PROVIDED

Reeves' wife, who delivers an aching sincere portrait of a woman slowly unraveling. It's a ridiculous movie writ large, but when she's onscreen she brings it down to earth. MP



'A Pigeon Sat on a Branch Reflecting on Existence' MAGNOLIA PICTURES

'A Pigeon Sat on a Branch Reflecting on Existence'

Swedish filmmaker Roy Andersson creates movies made entirely of comedic one-take wonders that out-Wee Anderson Wes Anderson in their complexity and OCD timing. As in "Songs From the Second Floor" and "You the Living," his latest

has no real plot — just a series of sketches that sometimes relate or feature the same funny-sad sack characters. From a bit where ship passengers wonder what to do with the meal purchased by a guy who's just croaked to the misadventures of two depressed novelty gag salesmen to a bar that's overridden by an army from the past, it's worth not just a spin but several of them, just to marvel at their density. MP



Finn Wittrock plays legendary college football player Freddie Steinmark, and Sarah Bolger is his girlfriend in "My All American." VAN REDIN, CLARIUS ENTERTAINMENT

Sarah Bolger is back in America

The Irish actress tackles learning about U.S. football with "My All American."

**MATT PRIGGE**
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Sarah Bolger can't talk that much about one of her most famous roles, as the older daughter in the 2002 immigrants-in-New-York drama "In America." After all, she made it when she was 10. But she's stayed in the game and can now be seen as a 20-something on the show "Into the Badlands" and the real-life sports weepie "My All American," in which the Irish actress plays a nice Southern girl who falls for a

college football player Freddie Steinmark (Finn Wittrock)...who is diagnosed with bone cancer.

How did you take to the American South?

The South to me wasn't that different from anywhere else. Great barbecue, stupid humidity. But I was more concerned with creating an all-American girl. That's not something I know. It was about learning her and being able to talk to the real Lisa [her character]. I thought it would be so hard for her to talk about this. I kept being like, "I'm going to ask you a question, you don't have to answer it." And she would answer every time. And she'd cry and I'd cry.

It's crazy to have to deal with that at that age.

It was her first love — the love of her life, potentially. I can't even imagine her watching this. She's remarried once or twice; she's moved on and has kids. Then to see this moment relived — it seems hard.

The film shows that no matter how loyal and dedicated she is to Freddy, she has her own inner life and pursuits.

She not the airy-fairy girlfriend, the right hand of the sports player. She's a force. She doesn't take crap, which

Fired up over football**Not being American, you had probably rarely witnessed first-hand our insane passion for American football.**

I lived in Pittsburgh for awhile, and they were an aggressive sports town. I was there for the Super Bowl and they lost against Texas. I went and they lost and there were couches set on fire. Who does that? Who decides, "You know what? I'm going to take my couch, I'm going to put it on the street and I'm going to set it on fire, because we lost?" Maybe it was the couch they watched the game on.

is something she said. They were partners. There was no "girlfriend," no "oooooh, I like you." From the beginning they loved each other. It was instant kismet. They were kindred spirits.



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home

LOVE WHERE YOU LIVE

On the table: Thanksgiving expert tips

Because your pumpkin pie deserves a display that's just as picture-perfect.

MONICA WEYMOUTH
@MetroBos
letters@metro.us

Your mashed potatoes are legendary. Your stuffing masterful. Your pumpkin pie? Let's just say there's a reason relatives travel down from Maine, and it isn't your lumpy guest bed.

Now, do you want this days-in-the-making feast to be served on just any table? Of course not. Step away from the plastic tablecloth and don't even think about inviting those novelty turkey napkins. We hit up the experts for tablescapes tips that'll stand up to your top-secret cranberry sauce recipe.

Don't overthink it

If you're not exactly a Pinterest pro, don't worry — with a little planning, a modern, sophisticated tablescape can come together in minutes. "I love tables that look like they were very easily put together, that have an effortless feel," says Grace Mitchell, the lifestyle blogger behind *ASToriedStyle.com*. "A cluster of small vases in the center of the table filled with monochromatic flowers makes for an easy-breezy

The rules

Color palettes may be a matter of preference, but when it comes to place settings, there are rules, and the rules are there for a reason. "Maybe it's the Southerner in me, but you do not just set a table willy-nilly!" says Mitchell. "The forks go on the left, the knife and spoon on the right — the knife blade faces the plate. These are easily found via a quick Google search, and they're important to know when designing a table. A table can be set beautifully, but it just looks wrong if the place setting is not done correctly."

"My table this year is going to be lavender and emerald green with accents of gold, and while those colors may not be typical for a Thanksgiving table, they work together beautifully," says Grace Mitchell of *ASToriedStyle.com*.
GRACE MITCHELL, ASTORIEDSTYLE.COM

look. Throw in a few candles or tea lights for a glow, and you have yourself a table ready for entertaining."

Spin the color wheel

Just because your grandmother always pulled out the orange tablecloth and red napkins doesn't mean you have to. "I like to decorate in a color palette that is an extension of the rest of my home," says Melinda McCoy, who shares her gorgeous home over at

House214Design.com. "It feels seamless and less jarring. The typical fall colors are quietly added to the table. Shades of brown and orange can be found in the candles, vessels that hold all the extras and flowers or greenery. These ideas are all a tip of the hat to the holiday and don't feel forced."

Get fresh

"Creating a table with a fresh aesthetic can be as easy as a trip to your backyard," says Mitchell.

"Place a few sprigs of rosemary on your table or some cuttings from a tree or bush. Then cluster seasonal vegetables or fruits on top, such as varieties of eggplant or persimmons. Simple is often the most lovely, and I adore a table filled with items straight from the outdoors."

Find your center

A fussy centerpiece can weigh down a table, especially when space is at a premium. McCoy had one of our favorite (and most delicious) solutions. "I wanted to make

an inviting, warm and functional centerpiece, so I decided to line my table from one end to the other with all types of breads and rolls," she explains. "I also mixed in small urns from the garden filled with herbs, vintage vessels that hold jams and a cake stand that displays corn that I covered in gold glitter."

Work with what you've got

Before you go shopping, take a look through your cabinets — family heirlooms add a special touch to the holiday table. "Just

like a room, a table needs a little old mixed in with the new," says Mitchell. "Dust off Grandma's platter or bring out your aunt's dessert plates to layer in with your modern ones."

After all, a big-box store can never compare to your own treasures and trinkets. "Of course, it's fine to buy from the stores we all know, but mix those items with those that tell your story," says McCoy. "Remember, it isn't the products themselves that make a beautiful tablescape, it's the story behind them. Honor your story."

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Holiday guest room 101

Expert advice for making your friends and family feel right at home (or even better).

MONICA WEYMOUTH
@MetroBos
letters@metro.us

There's nothing easy, per se, about hosting Thanksgiving dinner. There are bathrooms to scrub, schedules to work around, gluten intolerances to indulge. But here's the thing: You make dinner all year, and you know how this works by now. Put out a cheesy appetizer and don't skimp on the booze, and things will be perfectly fine, Pinterest tablescapes or no Pinterest tablescapes. Promise.

Overnight guests, however, can be a little trickier. For that, we called in Karin Sun, co-founder of online home goods company Crane & Canopy, for a little expert advice.

Go big on the bed

You know how great it is to get into a posh hotel bed after a long day of traveling? Treat your guests to the same experience. "Start with luxurious sheets, layer on a duvet cover with a cozy and fluffy comforter and then add a quilt or coverlet at the foot of the bed," says Sun. "Quilts are a new obsession of mine. They are perfect in case your guests get chilly and need that extra layer."

As for the pillows, more is more. "Use a mix of Euro, standard and small designer throw pillows," she says. "I also like to give guests a few different sleeping pillow options since waking up with a kink in one's neck is never fun."

Stay one step ahead

Your guests can't call down to the front desk, so Sun recommends

leaving a note with some essential info. "Include things like the login to your wireless Internet, directions to a tricky remote, the location of the hair dryer or iron," she says. "Or, if you know they have a sweet tooth, directions to your favorite local pastry or coffee shop."

As for toothpaste, assume they forgot to pack it along with some other necessities. "One of my favorite things to do is to provide a 'help yourself' basket," she says. "Leave basic toiletries, a flashlight, hair dryer, desk supplies and their favorite snacks."

Give them a little space

If your guests are staying the entire weekend, don't make them spend it digging through their suitcases. "Clear out a drawer,



Put out some products.



A layered bed with lots of pillows and an extra quilt can take care of all your guests' sleeping needs.

make space in the closet and leave empty hangers for them to put away their clothes," says Sun. "If space permits, set up

a comfortable chair and create a personal library of newspapers, recent magazines and popular books. This gives your guests a place to relax and get away from the holiday stress."

No guest room? No problem. Even if you're working with a "guest nook," you can still make your friends and family comfortable.

- Invest in a good air mattress. Because, really, no couch is comfortable past 1 a.m. "Plan in advance where to move furniture in order to create space for the mattress," says Sun.

- Banish the clutter. "Less is better!" says Sun. "Make

your guests' space as decluttered as possible so that they have room to spread out."

- Improvise privacy. "Set up a room divider for your guests, especially when they are staying in the common area," says Sun.

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Thursday 10	Southern Jamaica Plain Health Center
Tuesday 15	Bowdoin Street Health Center
Wednesday 16	Brookside Community Health Center
Thursday 17	Charles River Community Health – Waltham (formerly known as Joseph Smith Community Health Center)
Tuesday 22	Brockton Neighborhood Health Center
January 2016	Site
Thursday 7	Manet Community Health Center – Snug Harbor
Tuesday 12	South End Community Health Center
Wednesday 13	Charles River Community Health – Brighton (formerly known as Joseph Smith Community Health Center)
Wednesday 20	The Dimock Center
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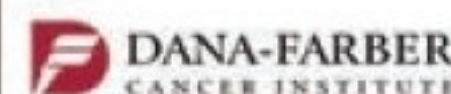
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Five things Dana-Farber Wants You to Know about Colorectal Cancer



Jeffrey Meyerhardt, MD, MPH, clinical director of the Dana-Farber Gastrointestinal Cancer Treatment Center at the Dana Farber Cancer Institute

Colorectal cancer is the fourth most common cancer in the U.S., with more than 136,000 new patients diagnosed last year. But thanks to increased awareness about screenings, the death rate from colorectal cancer has been dropping for more than 20 years.

"For the most part, colorectal cancer is a curable and preventable disease," said Jeffrey Meyerhardt, MD, MPH, clinical director of the Dana-Farber Gastrointestinal Cancer Treatment Center. "It is a cancer for which we have very good data that shows screening prevents disease and saves lives."

With March marking Colorectal Cancer Awareness Month, here are the answers to some key questions about the disease:

1. What are the risk factors for colorectal cancer?

Age and gender can increase the chance of developing colorectal cancer. Other risk factors include:

- A family history of colon or rectal cancer
- A personal history of cancer in the colon, rectum, ovary, endometrium, or breast
- A history of polyps (small pieces of bulging tissue) in the colon or rectum
- A history of ulcerative colitis or Crohn's disease
- Certain hereditary conditions
- Obesity
- Sedentary lifestyle
- Certain dietary factors, including high intake of red and processed meat

2. How do doctors screen for colorectal cancer?

Aside from a physical exam to check general signs of health, other screening options include a fecal occult blood test, a double contrast barium enema (lower GI series), a sigmoidoscopy, a colonoscopy or a virtual colonoscopy.

3. How often should you be screened?

For most patients, screening is recommended to start at age 50. However, if you have a family history or other risk factors for colorectal cancer, you should discuss with your doctor whether you should start screening earlier.

The frequency of the screening will depend on which test was used to screen, what was found, and your risk factors for colorectal cancer. It is important to know that these screening guidelines refer to patients with no concerning signs or symptoms. If you have blood in your stool, for example, you should consult with your doctor.

4. What are the symptoms of colorectal cancer?

One of the most common signs of colorectal cancer is a change in bowel habits or blood in the stool. Others include:

- Diarrhea, constipation, or feeling that the bowel does not empty completely
- Stools that are narrower than usual
- Frequent gas pains, bloating, fullness, or cramps
- Weight loss for no known reason
- Persistent tiredness
- Vomiting

5. How is colorectal cancer treated?

Surgery to remove the cancer is the most common treatment for all stages of colorectal cancer. There are several different types of surgery that can be performed depending on the cancer stage and location. If surgery is not sufficient, a doctor may also decide to use chemotherapy and/or radiation therapy.

There are also several targeted therapy options for colorectal cancer, including treatment with monoclonal antibodies.

For more information on colorectal cancer visit www.dana-farber.org.

Dana-Farber Cancer Institute, a principal teaching affiliate of Harvard Medical School, is world renowned for its leadership in adult and pediatric cancer treatment and research. Designated as a comprehensive cancer center by the National Cancer Institute (NCI), it is one of the largest recipients among independent hospitals of NCI and National Institutes of Health grant funding. For more information, go to www.dana-farber.org. Follow Dana-Farber on Facebook: www.facebook.com/danafarbercancerinstitute and on Twitter: @danafarber.



David Ortiz has guided the Red Sox to three World Series titles. GETTY IMAGES

Sox will soon learn a life without Papi

Reports say that the 2016 season will be David Ortiz's final one.



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Before David Ortiz donned a Red Sox uniform, the franchise owned the most infamous championship drought in all of North American pro sports. Today, the Sox can be called the most successful MLB team of this century — having won three World Series titles with “Big Papi” leading the way.

Today, Ortiz turns 40 years old. On his 41st birthday, he will be retired — as Fox Sports’ Ken Rosenthal reported Tuesday that the 2016 season will be Ortiz’s final year in a Sox uniform.

“I’m still having fun, and that’s the most important thing,” Ortiz told WEEI.com’s Rob Bradford in September. “But

we’ll see, man. Life goes on. This isn’t everything. This is just one chapter of my life. It takes a lot from me.”

Unless there is a dramatic dropoff in production, Ortiz will retire on top. He belted 37 home runs this past season, which were the most homers he hit in a season since 2005 (a career-high 54). He also drove in over 100 runs for the third straight season.

It is remarkable that Ortiz is putting up such great power numbers this late in his career. At the start of the 2009 season, there was real worry that a 34-year-old Ortiz was on the Back 9. He registered just one home run in the first

For more
Red Sox coverage,
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two months of that season.

But it turned out that the first two months of that season was simply the worst slump of his career. He finished the year with a more-than-respectable 28 homers and 99 RBIs.

Ortiz had not weighed in on his pending retirement on Twitter as of Tuesday afternoon.

“I’m still having fun, and that’s the most important thing. But we’ll see, man. Life goes on. This isn’t everything. This is just one chapter of my life.”

David Ortiz to WEEI’s Rob Bradford in September

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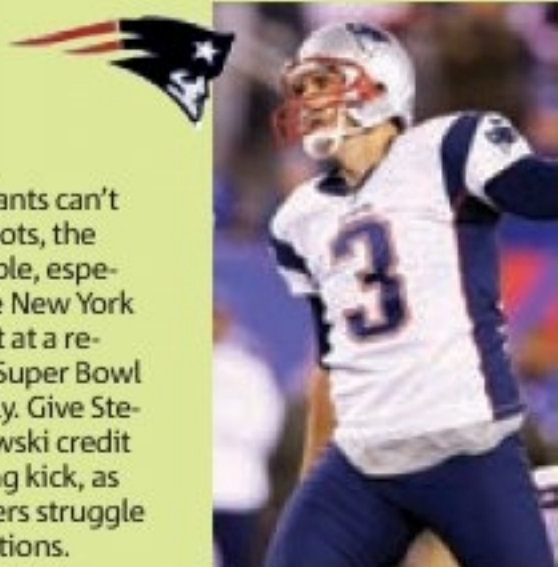
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NFL power rankings | by Luke Miller

No. 1

Patriots (9-0)

If even the Giants can't beat the Patriots, the NFL is in trouble, especially because New York getting a shot at a rematch in the Super Bowl seems unlikely. Give Stephen Gostkowski credit for his winning kick, as so many kickers struggle in those situations.



No. 4

Bengals (8-1)



Maybe it's not a playoff bug Cincinnati has, and just a Texans bug. Andy Dalton and the offense looked as poor Monday night as they did in two recent postseason losses to Houston. Unfortunately, after this victory, Houston is in first place in their division and is again on track for the postseason.

No. 6

Steelers (6-4)



It's a weird league when the usually gritty Steelers boast the game's best aerial attack, but at this point, don't they? Antonio Brown has 27 receptions over the last two games for about a million yards, and he wasn't even the team's leading receiver against Cleveland.

No. 8

Packers (6-3)



Forget talk about losing ground to Carolina in the home field race, forget about fighting for the division lead with the Vikings. After a home loss to Detroit, the Packers need to figure out how to win a game. And fast, with a trip to Minnesota looming this week.

No. 10

Bills (5-4)



Rex Ryan got his "revenge" game and he's finally starting to get the offense he must have envisioned when trading for LeSean McCoy. After beginning the season banged up, Shady has 112 rushing yards in each of the last two games, both Buffalo wins.

No. 2

Panthers (9-0)



Leave it to the Panthers to be rebels. Didn't they get the memo that the NFL's best teams were supposed to lose to poor teams last weekend? Losing is the one thing they can't seem to do. Only one team left on their schedule has a winning record, though they do appear twice: the Falcons.

No. 3

Cardinals (7-2)



A St. Louis loss put the Cardinals a clean three games clear atop their division. Weathering Seattle's comeback attempt and retaking the lead was impressive. While a lot of the other contenders have glaring "ifs" and "buts," Arizona looks remarkably well-balanced.

No. 5

Vikings (7-2)



Teddy Bridgewater looked fine a week after St. Louis knocked him out of the game, Adrian Peterson tied an NFL record with his sixth career 200 yard game on the ground, and the Vikings took over sole possession of first place in their division. The Vikings have won five in a row and seven of eight.

No. 7

Broncos (7-2)



No football fan should have to watch one of their generation's greatest QBs set the NFL passing yardage record in a game he finishes (or doesn't) having gone 5-for-20, for 35 yards, and four interceptions. Sunday was a parody of the reservations we've had about Denver's offense all season.

No. 9

Chiefs (4-5)



The Chiefs make a surprise return to the top 10 after going 1-5 to start the season and nearly falling off everyone's radar. Red zone offense is still a problem for Kansas City, which kicked five field goals (and attempted six) while utterly dominating the Broncos.

No. 11

Jets (5-4)



Yeah, that Bills loss hurt, but the best thing to come out of it is the re-discovering of the Jets' ground game and Chris Ivory, who finished with 99 rushing yards. When all's said and done, the AFC is still wide open and only one nondivision leader (Pittsburgh) has more wins than the Jets.

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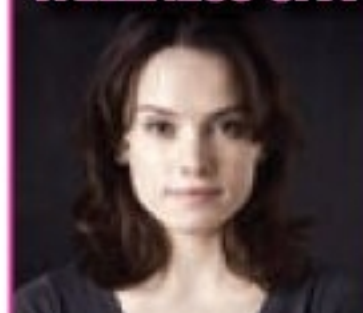
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Aries Make plans with someone you love to spend time with and enjoy discovering something new and exciting. Romance will improve your life.



Taurus If you are too sensitive, someone will see you as being weak. Regardless of how you feel, refuse to let anyone see your vulnerabilities.



Gemini Your charm will attract interest, but before you persuade others to contribute to your plans, make sure that what you attempt is realistic.



Cancer Enjoy conversations with family, friends and people you encounter who have a unique or different approach to life, love and happiness.



Leo Keep your life in perspective and refuse to be coerced into a debate with someone who chooses to think or do things differently from you.



Virgo You will have good ideas, but don't force them on others. If someone does show interest, be skeptical regarding his or her motives.



Libra If you share your feelings, you will be granted the freedom to live your life as you please. A skill deserves a chance to be developed.



Scorpio Think before you get involved in someone else's personal affairs. Strive to be understanding and show compassion, but don't meddle.



Sagittarius You can impress others, but make sure that whatever you do or say, you don't embellish or make promises you cannot keep.



Capricorn If you want something, you should ask for it, but be sure to offer incentives. Your give-and-take attitude will be what leads to your success.



Aquarius Don't say something you'll regret or get into an argument with someone. Before engaging in a losing battle, look inward.



Pisces Don't underestimate a job you've been asked to do, or you will end up looking bad. Keep your plans simple.

EUGENIA LAST

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easy

			8			1	5	
8				5			2	
		2	1		6	7		3
1	6						9	
			3		4			
	4						6	8
4		6	7		9	8		
	8			3				1
	5	3			8			

hard

	3				7	5	4	
				2	3			1
2						9		
6			7	3	9			
	4	9				3	5	
			5	8	4			9
		8						5
5			3	1				
	6	2	4				7	

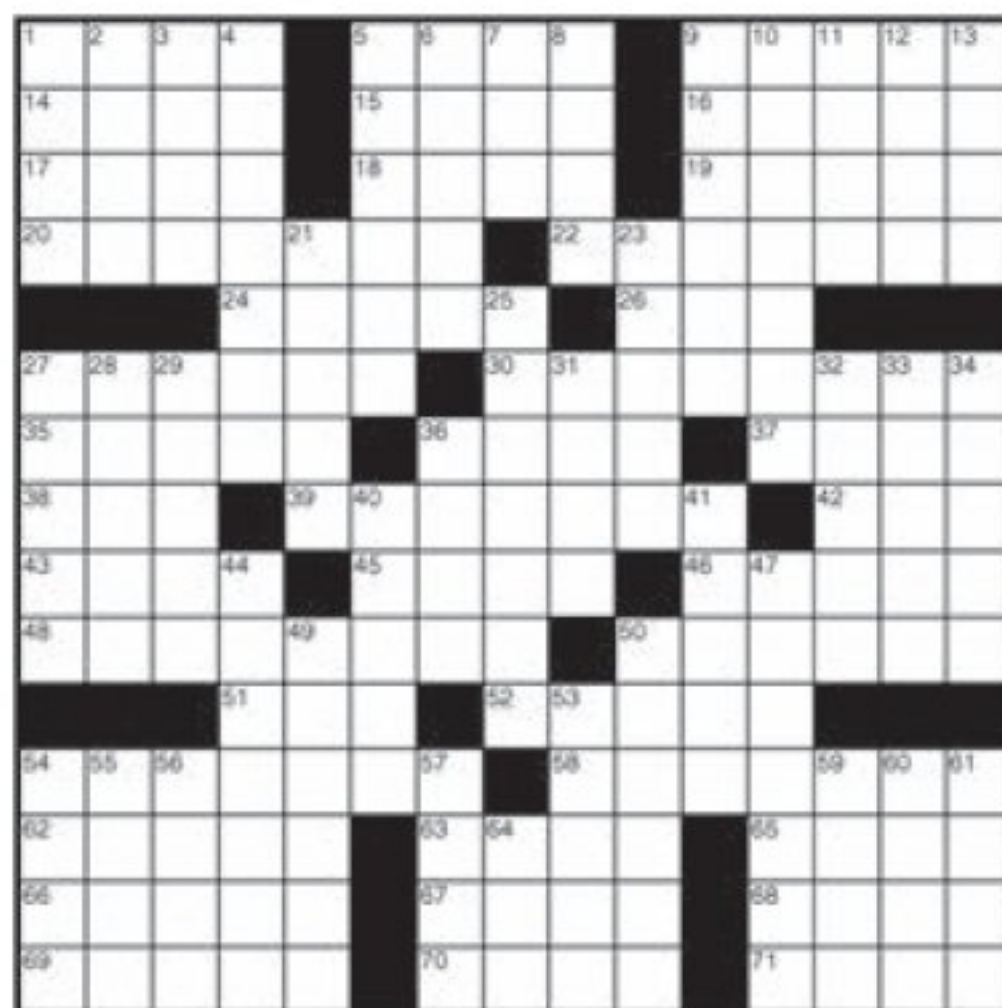
Across

- 1 Maintain
- 5 Audit aces
- 9 Hotel employee
- 14 Vegas rival
- 15 Sarah — Jewett
- 16 Jung's inner self
- 17 What rainbows are
- 18 Billion, in combos
- 19 Slippery fabric
- 20 Toothless whales
- 22 Bacon servings
- 24 Vagabond
- 26 Ms. Busch of old movies
- 27 Lyrical
- 30 Made the most of
- 35 Fragrant blossom
- 36 RN employers
- 37 "— Lisa"
- 38 Forty Thieves' outwiter
- 39 Chatty feline
- 42 — King Cole
- 43 Radar O'Reilly's soda
- 45 Club fee
- 46 Slice
- 48 19th. century Beau
- 50 Gold Medals
- 51 Extinct bird
- 52 Mote
- 54 Swift antelope
- 58 More impudent
- 62 Player's rep
- 63 Woe is me!
- 65 Eye amorously

- 66 Not those
- 67 Druid
- 68 Rock's "cushion"
- 69 Maneuvered slowly
- 70 Bad actors
- 71 Was, to Ovid

Down

- 1 United — Emirates
- 2 Actress — Miles
- 3 SASE, e.g.
- 4 Hieroglyphics stone
- 5 French brandy
- 6 Light-refracting crystal
- 7 Filmmaker — Lee
- 8 Dry up
- 9 Feudal tenant
- 10 Disneyland site
- 11 Lower-calorie, in ad-speak
- 12 Omani title
- 13 Lies on the beach
- 21 Ambler and Idle
- 23 Faulty
- 25 Beats, as with fists
- 27 Fallback strategy (2 wds.)
- 28 Crude carrier
- 29 Yale of Yale



31 Be on your —!

32 Frigid and temperate

33 Pass, as a bill

34 Goes with

36 Lug or carry

40 Perfect

41 DeMille movies

44 Vast

47 Trying

49 Lost hair

50 Ceremonial dinners

53 Choir selection

54 Admission receipts

55 Turkish official

56 Last letters

57 Per person

59 Borodin prince

60 Ms. Lanchester of films

61 Take a breather

64 Meadow

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